

Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

“What page, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?” ~Saint Benedict, from the *Rule of Saint Benedict* (73:3)

*The month of January is dedicated to the Holy Name of Jesus.
“At the name of Jesus, every knee must bend.” (Philippians 2:10)*

“Faith is the gift of our whole being to Truth, to the Word. It is the center and meaning of all existence. Faith is rejecting all that is not Christ so that all life, truth, hope is found in Him. Faith relies completely on Him in perfect trust ... letting Him take care of us without knowing how He will do so.” ~FR. THOMAS MERTON, OCSO

**Monday, January 17 ~ Second Week in Ordinary Time
Saint Anthony, Abbott**

Holy Gospel: Mark 2:18-22 The disciples of John and of the Pharisees were accustomed to fast. People came to Jesus and objected, “Why do the disciples of John and the disciples of the Pharisees fast, but your disciples do not fast?” Jesus answered them, “Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. But the days will come when the bridegroom is taken away from them, and then they will fast on that day. No one sews a piece of unshrunk cloth on an old cloak. If he does, its fullness pulls away, the new from the old, and the tear gets worse. Likewise, no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the skins are ruined. Rather, new wine is poured into fresh wineskins.”

Meditation: Jesus warns his disciples about the problem of the “closed mind” that refuses to learn new things. Jesus used an image familiar to his audience — new and old wineskins. In Jesus' times, wine was stored in wineskins, not bottles. New wine poured into skins was still fermenting. The gases exerted gave pressure. New wine skins were elastic enough to take the pressure, but old wine skins easily burst because they were hard. What did Jesus mean by this comparison? Are we to reject the old in place of the new? Just as there is a right place and a right time for fasting and for feasting, so there is a right place for the old as well as the new. Jesus says the kingdom of heaven is like a householder who brings out of his treasure what is new and what is old (Matthew 13:52). How impoverished we would be if we only had the Old Testament or the New Testament, rather than both. The Lord gives us wisdom so we can make the best use of both the old and the new. Are you eager to grow in the knowledge and understanding of God's word and plan for your life? If not, what is holding you back?

Prayer: O God, who brought the Abbot Saint Anthony to serve you by a wondrous way of life in the desert, grant, through his intercession, that, denying ourselves, we may always love you above all things. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Which comes first, fasting or feasting? The disciples of John the Baptist were upset with Jesus' disciples because they did not fast. Fasting was one of the three most important religious duties, along with prayer and almsgiving. Jesus gave a simple explanation. There's a time for fasting and a time for feasting (or celebrating). To walk as a disciple with Jesus is to experience a whole new joy of relationship akin to the joy of the wedding party in celebrating with the groom and bride their wedding bliss. But there also comes a time when the Lord's disciples must bear the cross of affliction and purification. For the disciple there is both a time for rejoicing in the Lord's presence and celebrating his goodness and a time for seeking the Lord with humility and fasting and for mourning over sin. Do you take joy in the Lord's presence with you and do you express sorrow and contrition for your sins?

Tuesday, January 18 ~ Second Week in Ordinary Time

Holy Gospel: Mark 2:23-28 As Jesus was passing through a field of grain on the Sabbath, his disciples began to make a path while picking the heads of grain. At this the Pharisees said to him, “Look, why are

they doing what is unlawful on the Sabbath?" He said to them, "Have you never read what David did when he was in need and he and his companions were hungry? How he went into the house of God when Abiathar was high priest and ate the bread of offering that only the priests could lawfully eat, and shared it with his companions?" Then he said to them, "The Sabbath was made for man, not man for the Sabbath. That is why the Son of Man is lord even of the Sabbath."

Meditation: What does the commandment "keep holy the Sabbath" require us to do? The religious leaders confronted Jesus on this issue. The "Sabbath rest" was meant to be a time to remember and celebrate God's goodness and the goodness of his work, both in creation and redemption. It was a day set apart for the praise of God, his work of creation, and his saving actions on our behalf. It was intended to bring everyday work to a halt and to provide needed rest and refreshment. Jesus' disciples are scolded by the scribes and Pharisees, not for plucking and eating corn from the fields, but for doing so on the Sabbath. In defending his disciples, Jesus argues from the scriptures that human need has precedence over ritual custom.

Prayer: Almighty ever-living God, who govern all things, both in heaven and on earth, mercifully hear the pleading of your people and bestow your peace on our times. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: So how do you spend the Sabbath? (Sunday for we Catholic Christians.) There was a time when families and individuals spent Sunday attending Mass, relaxing in one way or another, having "Sunday Dinner" with family, visiting grandma. The Sabbath – the "Lord's Day" should always be a day of praise and worship to God through the Mass; it should also be a day rest for us, giving us time to "re-create" ourselves for the coming week. In our hurried world, take some time to contemplate how you spend your Sundays. Carve out time on this day to give praise and worship to God the Father and receive the Eucharist during Mass, then carve out some time for yourself and your family.

Wednesday, January 19 ~ Second Week in Ordinary Time

Holy Gospel: Mark 3:1-6 Jesus entered the synagogue. There was a man there who had a withered hand. They watched Jesus closely to see if he would cure him on the Sabbath so that they might accuse him. He said to the man with the withered hand, "Come up here before us." Then he said to the Pharisees, "Is it lawful to do good on the Sabbath rather than to do evil, to save life rather than to destroy it?" But they remained silent. Looking around at them with anger and grieved at their hardness of heart, Jesus said to the man, "Stretch out your hand." He stretched it out and his hand was restored. The Pharisees went out and immediately took counsel with the Herodians against him to put him to death.

Meditation: What is God's intention for the commandment, keep holy the Sabbath (Exodus 20:8; Deuteronomy 5:12)? The scribes and Pharisees wanted to catch Jesus in the act of breaking the Sabbath ritual so they might accuse him of breaking God's law. In a few penetrating words Mark records that Jesus knew their thoughts. They were filled with fury and contempt for Jesus because they put their own thoughts of right and wrong above God. They were ensnared in their own legalism because they did not understand or see the purpose of God. Jesus shows their fallacy by pointing to God's intention for the Sabbath: to do good and to save life rather than to do evil or to destroy life.

Prayer: Almighty ever-living God, who govern all things, both in heaven and on earth, mercifully hear the pleading of your people and bestow your peace on our times. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: We Catholics – in fact all Christians – celebrate Sunday as the Lord's Day, to commemorate God's work of redemption in Jesus Christ and the new work of creation he accomplished through Christ's death and resurrection. Taking "our Sabbath rest" is a way of expressing honor to God for all that he has done for us. Such "rest" however does not exempt us from our love for our neighbor. If we truly love the Lord above all else, then the love of God will overflow to love of neighbor as well. Do you honor the Lord in the way you celebrate Sunday, the Lord's Day, and in the way you treat you neighbor?

Thursday, January 20 ~ Second Week in Ordinary Time Saint Fabian, Pope and Martyr; Saint Sebastian, Martyr

Holy Gospel: Mark 3:7-12 Jesus withdrew toward the sea with his disciples. A large number of people followed from Galilee and from Judea. Hearing what he was doing, a large number of people came to him also from Jerusalem, from Idumea, from beyond the Jordan, and from the neighborhood of Tyre and Sidon. He told his disciples to have a boat ready for him because of the crowd, so that they would not

crush him. He had cured many and, as a result, those who had diseases were pressing upon him to touch him. And whenever unclean spirits saw him they would fall down before him and shout, "You are the Son of God." He warned them sternly not to make him known.

Meditation: Is there anything holding you back from giving yourself unreservedly to God? Jesus offered freedom to everyone who sought him out. Wherever Jesus went the people came to him because they had heard all the things he did. They were hungry for God and desired healing from their afflictions. In faith they pressed upon Jesus to touch him. As they did so power came from Jesus and they were healed. Even demons trembled in the presence of Jesus and acknowledged his true identity: You are the Son of God. When you hear God's word and consider all that Jesus did, how do you respond? With doubt or with expectant faith? With skepticism or with confident expectation? Ask the Lord to increase your faith in his saving power and grace.

Prayer ~ Saint Fabian: O God, glory of your Priests, grant we pray, that, helped by the intercession of your Martyr Saint Fabian, we may make progress by communion in the faith and by worthy service. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Prayer ~ Saint Sebastian: Grant us, we pray, O Lord, a spirit of fortitude, so that, taught by the glorious example of your Martyr Saint Sebastian, we may learn to obey you rather than men. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: In this scene, where Jesus is withdrawing a bit, do you feel a special closeness to him? He came to enter our world completely and be with us. It must have been a challenge for him to be so misunderstood by his disciples, to be so sought after by the poor, to be so rejected by the religious leaders, and have the demons proclaim that they alone seem to know who he is. In scenes like this, we can recognize that he must understand us when we are tired or stretched, misunderstood or rejected, frustrated or discouraged. Knowing this, can you draw closer to him during times of anxiety or challenge? Times of rejection or persecution?

Friday, January 21 ~ Second Week in Ordinary Time Saint Agnes, Virgin and Martyr

Holy Gospel: Mark 3:13-19 Jesus went up the mountain and summoned those whom he wanted and they came to him. He appointed Twelve, whom he also named Apostles, that they might be with him and he might send them forth to preach and to have authority to drive out demons: He appointed the Twelve: Simon, whom he named Peter; James, son of Zebedee, and John the brother of James, whom he named Boanerges, that is, sons of thunder; Andrew, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus; Thaddeus, Simon the Cananean, and Judas Iscariot who betrayed him.

Meditation: When Jesus embarked on his mission he chose twelve men for the task of preaching the kingdom of God and healing the sick in the power of that kingdom. In the choice of the twelve, we see a characteristic feature of God's work: Jesus chose very ordinary people. They were non-professionals, who had no wealth or position. They were chosen from the common people who did ordinary things, had no special education, and no social advantages. Jesus wanted ordinary people who could take an assignment and do it extraordinarily well. He chose these men to be his apostles – not for what they were, but for what they would be capable of becoming under his direction and power.

Prayer: Almighty ever-living God, who choose what is weak in the world to confound the strong, mercifully grant, that we, who celebrate the heavenly birthday of your Martyr Saint Agnes, may follow her constancy in the faith. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: While Jesus called twelve men to be his apostles, Jesus calls all of us to serve the Lord as his disciples. When the Lord calls us to serve, we must not shrug back because we think that we have little or nothing to offer. The Lord takes what ordinary people, like us, can offer and uses it for greatness in his kingdom. Do you make your life an offering to the Lord and allow him to use you as he sees fit?

Saturday, January 22 ~ Second Week in Ordinary Time Day of Prayer for the Legal Protection of Unborn Children Anniversary of Roe v. Wade

Holy Gospel: Matthew 5:1-12a When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me. Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you."

Meditation: As Christ's disciples, we are called by faith to adhere to the moral code – to do good and avoid evil. This can become challenging at times when people and advocacy groups "spin" the truth in order to promote and gain acceptance for their cause. In our world there are many who have watered down the fact that abortion is an evil act; abortion is a mortal sin; abortion is the taking of an innocent human life. There are those who place laws created by humans above the laws of God, not recognizing that laws of human creation are not designed to lead us to eternal life – but adherence to God's laws and the teachings of Christ and his Church are the path to eternal life. Thus we must constantly be on guard to do what is right and good and true according to God's way, Christ's way – not the way of the world. As Saint John Chrysostom once noted: " 'I am a victim of violence in my nature,' you say. 'I love Christ, yet my nature compels me to sin.' If you were in fact compelled to sin, if you were the victim of violence, then you would be forgiven for it. On the other hand, if you sin through idleness, do not expect forgiveness. But let us look at the question a moment to discover if we do commit sins by compulsion, under pressure of violence, rather than through idleness or serious negligence. It is written: 'Thou shalt not kill.' But who compels you to kill? Who forces you to do it? On the contrary, you have to do violence to your own nature to kill someone. Which of us would light-heartedly cut a neighbor's throat? Who would gladly stain his hands with blood? No one. So the facts are the exact opposite of your contention. To sin, you have to force yourself. God has given our nature the gift of mutual love as a result of which every living creature loves its own kind, every human being loves his neighbor. Do you see? Our nature predisposes us to virtue. It is the vices that are contrary to nature. If they win a victory, it is the fault of serious negligence on our part. The conclusion is clearly apparent: virtue is consistent with our nature, whereas vice is opposed to it." On this anniversary of *Roe v. Wade*, let us always be mindful of the virtues grounded in Truth – the truths of Christ (who is Truth personified), and the timeless truths of sacred scripture. Strip the whitewash and sanitized language of "choice" and "reproductive health" away from abortion to see what it really is – the taking of an innocent, human life in the womb. We also pray for those facing this decision, that they will open their minds and hearts to do God's will, to follow God's law of life ("Thou shall not kill.") and to protect the innocent life in the womb.

Prayer: God our Creator, we give thanks to you, who alone have the power to impart the breath of life as you form each of us in our mother's womb; grant, we pray, that we, whom you have made stewards of creation, may remain faithful to this sacred trust and constant in safeguarding the dignity of every human life. Through our Lord, Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Prayer to end abortion: Lord God, I thank you today for the gift of my life, And for the lives of all my brothers and sisters. I know there is nothing that destroys more life than abortion, Yet I rejoice that you have conquered death by the Resurrection of Your Son. I am ready to do my part in ending abortion. Today I commit myself never to be silent, never to be passive, never to be forgetful of the unborn. I commit myself to be active in the pro-life movement, and never to stop defending life until all my brothers and sisters are protected, and our nation once again becomes a nation with liberty and justice not just for some, but for all, through Christ our Lord. Amen!

We pray for all whose hearts ache from the sin of abortion, that God will soothe and heal them with the balm of his love, compassion and mercy; **We pray for all who are broken by the memory of a child lost to abortion,** that through the intercession of Mary, the Mother of God, the gentle and merciful love of God may heal their innermost being; **We pray for everyone who is haunted by the memory of abortion,** that they might come to know repentance, forgiveness, mercy, and peace.

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;
prayers are from *The Roman Missal*, Catholic Book Publishing, 2011;
information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.